

In the Claims:

1        1. (Currently Amended) A training golf club for developing the swing used for  
2 drivers and irons, comprising:

3              a training club selected from the group of golf clubs consisting of drivers and  
4 irons, wherein said training club includes:

5              a flexible hollow shaft,

6              a first weight including a compact distribution of a plurality of disconnected  
7 particles secured internally within the shaft between a head end of the shaft where the  
8 shaft attaches to a club head and a grip end of the shaft where a training club grip attaches  
9 to the shaft.

10             a second weight secured internally within the shaft at the head end of the shaft,

11             a club head attached to the head end of the shaft by a hosel provided on the club  
12 head, and

13             a training club grip secured to an upper end of the shaft.

1        2. (Currently Amended) A training golf club according to Claim 1 further  
2 comprising:

3              a first lower plug and a second upper plug for compactly securing said particles  
4 ~~said first weight secured within the shaft between a first lower plug and a second upper~~  
5 ~~plug.~~

1        3. (Original) A training golf club according to Claim 2 wherein the first lower  
2 plug is an EPDM tapered plug and the second upper plug is a silicon gel plug.

1           4. (Original) A training golf club according to Claim 2 wherein the first weight  
2 extends from approximately 4 inches above the hosel to approximately 2 inches below a bottom  
3 of the training club grip.

1           5. (Original) A training golf club according to Claim 2 wherein the first weight is  
2 between approximately 4 and 6 ounces in weight.

1           6. (Currently Amended) A training golf club according to Claim 2 wherein said  
2 particles are the first weight consists of #9 buckshot.

1           7. (Currently Amended) A training golf club according to Claim 2 further  
2 ~~comprising:~~ wherein said second weight is secured within the shaft so that said second weight is  
3 flush with the head end of the shaft.

1           8. (Original) A training golf club according to Claim 2 wherein the second weight is  
2 approximately 7.5 grams in weight.

1           9. (Original) A training golf club according to Claim 2 wherein the second weight is  
2 a brass insert.